

The
Elk Point

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REVIEW

Volume 18, No. 8

45 cents (GST inc.)

Friday, February 24, 1998



Pancake
Day
Tuesday,
February 24



SUPER-ACTIVE SENIORS
in Alberta Senior Citizens
Sports and Recreation
Associaon's Zone 7 have
filled the Westmin Challenge
Trophy (above) held by
Mary Kossey and Lillian
Palinka, to capacity with
winners' shields. At left,
Kevin Casper of Norcen
Energy Resources presented
ASCSRA President Elsie
Rybak with a brand new tro-
phy so the seniors can con-
tinue with their sport and
recreation challenges.



ed
to
capacity
in just
eight
years

New ASCSRA challenge trophy dedicated

On October 25, 1989, the Alberta Senior Citizens Sports and Recreation Council was presented with a handsome challenge trophy donated by Westmin Resources, with the aim of encouraging seniors throughout the area to take part in sports and recreational pursuits. The trophy, which had been presented by Allan Frankiw, was soon put to use, going to Elk Point on November 3 of that year when Mike Palinka, Morris Cooper, Anita Ballas and Helga Vaughan won the floor curling challenge at the St. Paul Seniors Centre.

Since then, the trophy has been challenged 109 times in floor curling, 26 times in cribbage, 11 times in carpet bowling, three times each in Norwegian whist and snooker, and once in shuffleboard, a total of 153 times. The base of the original trophy was soon covered with plates listing the winners, and two more layers of base were added in later years to hold the growing collection of plates.

On December 18, 1997, the final plate listed four Rich Lake floor curlers as winning a challenge in Cold Lake. The trophy has been captured 33 times by Lacorey, 18 times by Ashmont,

14 by Rich Lake, Glendon 11, Eastbourne 10, Two Hills 9, Mallaig and Vegreville 8 times each, Fort Kent and Kitscoty 7, Craigend, Cold Lake and Willingdon 5, Elk Point, Vermilion, Bonnyville, Plamondon and Ardmore twice each and Wainwright, Mannville and Sandy Rapids once each. After eight years of travelling around Zone 7, the Board decided to retire the trophy, as it was getting too heavy to be handled. Time for a replacement.

Sid Holthe, who was instrumental in obtaining the original trophy for ASCSRA, once again went looking for a sponsor. Norcen Energy Resources, who took over Westmin's oilfield holdings a few weeks after the original trophy was donated, are the new sponsors, and Norcen's Kevin Casper says "history is repeating itself," since Norcen is soon to become Union Pacific. Casper feels the ASCSRA challenge is "just amazing. This trophy made an incredible lot of miles." Norcen's expectations for such a donation, first that it go to a worthy cause and second that it be a good promotion for the company, "were certainly fulfilled" by the travels of the

(Continued on Page 2)

Chamber looking for members first, then a president

Elk Point Chamber of Commerce has decided to launch an all-out membership campaign first, and to complete their 1998 executive roster once the drive has been completed. The 1997 president, Vicki Brooker, will continue to head the organization until that time.

Ideas for maximizing Chamber attendance were brought to the meeting, and include sending out a questionnaire with the membership applications to gauge members' reactions to various meeting times and the possibility of hosting guest speakers, as well as asking the members for their suggestions. Also suggested was asking the members who attend on a regular basis to call several other members and ask them to come along to the meetings.

In the meantime, the Chamber has approved their 1998 membership in both the Alberta and Canadian Chambers of Commerce, as well as the Midwest Tourism Group. The STEP grant application has been received and sent in, with hopes of getting funding toward the wages for the tourist information officer. Treasurer Diane Balash reported the Chamber's accounting is now being done totally on computer.

Talent explodes in a big way in Elk Point

Four bands, ten vocalists and an instrumental soloist presented a display of impressive talent on Saturday, February 14 as the French Exchange Club and the F. G. Miller Students Union hosted "Talent Explosion" at the Elk Point Elks Hall.

Judges Linda Sellick, Irma MacPherson and Kevin Faryna had a difficult task to determine the winners from this collection of top-notch young entertainers.

Candace Czuroski of Glendon was named the winner of the \$100 cash prize, a recording session at Carrera Soundworks, St. Paul and an appearance at Edmonton Northlands during Klondike Days with her powerful rendition of Jewel's "Foolish Games." Miss Czuroski is a multi-talented musician, playing piano, drums and guitar by ear and has written over 60 songs.

Shane Rebryna of St. Paul was second, for a \$50 cash prize and an appearance at Northlands, with his vocal solo, "Across the Wide Missouri" accompanied by his mother, Lesley, on keyboard. Shane, now 16, has been performing in public since he was five and sings with the Elk Point Community Choir.

(Continued on Page 6)



FISHING LAKE MUSICIANS, "Loser Makes Good" had a rocking good time at the Talent Explosion.

NADC offering financial assistance for northern students

Northern Alberta students will have additional assistance to pursue post-secondary education beginning this fall. The Northern Student Supplement is a bursary program designed to help first and second year northern students with high financial need.

"Northern Alberta students face many challenges, including high costs of travel, relocation and other expenses to attend university or college. Many of them also face the challenge of entering a new culture. This program will help make the transition easier for these students," says Mike Cardinal, MLA and Chair of the Northern Alberta Development Council

(NADC). The NADC developed the program in conjunction with the recently announced Alberta Opportunities Bursary.

The Northern Student Supplement has two components: student funding and support services. Annually, \$1.5 million will be distributed to about 1400 students. Each student may receive between \$500 and \$1500, depending on their level of need. Another \$500,000 annually will be used to provide support services to make the transition from their home communities to post-secondary institutions.

Statistics show that high school completion is very low in northern Alberta, at 55%

compared to 70% across the province. Many small northern communities have low family income levels. Encouraging students to pursue education to gain access to jobs is a key challenge in the north.

"Over the next five years, northern Alberta will feel the effects of heavy investment in the region. Many northerners will not be able to participate in this growth without further education. The timing of this program is ideal," says Cardinal.

The program also supports Premier Klein's commitment to 'people development' as identified at the Alberta Growth Summit last September.

ASCSRA challenge

(Continued from Front Page)

former trophy, and he is sure its successor will do likewise. Frankiw, now in Norcen's Calgary office, sent along good wishes for continued success of the challenge. Casper presented a large plaque, bearing 50 plates for future winners, to ACSRA President Elsie Rybak. The new Norcen Challenge Trophy will go up for contention the first time on February 24 in Elk Point.

The retired trophy will come home to Elk Point, where it started its long journey around the zone.

Community Calendar

Here are some of the special events coming up in Elk Point and district during the next few weeks. To get your group's events included on the Community Calendar, which is run whenever space permits, please call the Elk Point Review before 12:00 noon on the Thursday before publication.

Tuesday, February 24: Shrove Tuesday Pancake Supper, Elk Point United Church

February 27 - March 1: Elk Point Mixed Bonspiel

February 28 - March 1: Novice Hockey Tournament

Sunday, March 1: Elk Point 4-H MultiClub Public Speaking

Monday, March 2: 1-2-3 Magic Seminar on Discipline

March 13 - 15: Elk Point Town and Country Bonspiel

Sunday, March 15: District 4-H Public Speaking in Elk Point

March 20, 21, 26, 27 & 28: Community Choir Dinner

Theatre, "Seven Brides for Seven Brothers"

Saturday, March 21: Bull Chutun' Classic, Fairgrounds Arena

Heinsburg Community Library receives \$30,000

Heinsburg is one of hundreds of Canadian communities who have made a successful bid to plug into the Information Highway through Industry Canada's Community Access Program. The goal of that program is to have 5000 communities across the country connected by the year 2000.

A \$30,000 grant was approved to help them get their site up and going. The library will then have access to the Internet and the social and economic benefits that come with it, and will take a leadership role in accelerating rural Canada's access to the Information Highway.

Further details will be announced in the near future. in accelerating rural Canada's access to the Information Highway.

Further details will be announced in the near future.

NOTICE OF NOMINATION DAY

Local Authorities Election Act (Section 26)

Local Jurisdiction: Town of Elk Point
Province of Alberta

Notice is hereby given that Nomination Day is March 4, 1998, and that nominations for the election of candidates for the following offices will be received at the location of the local jurisdiction office set out below between the hours of 10:00 am and 12:00 noon on Nomination Day.

COUNCILLOR -- 2 Vacancies

Location of Jurisdiction Office:

Town Office, 4914-50 Avenue, Elk Point, Alberta

DATED at the Town of Elk Point in the Province of Alberta, this 17th day of February, 1998.

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5. LAURIER LAKE

Grab a cup of coffee and enjoy the sunrise on the deck of this attractive 1-1/2 storey cottage. A loft upstairs gives you plenty of room for friends to stay over for those ski-doo gatherings. Stoke up the fireplace and let it snow.

Larry Demchuk
724-2430

Holly Astill
826-4331

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Discover Foster Care

Alberta Family and Social Services is looking for foster parents in the St. Paul area to open their hearts and homes to children in need.

In situations when a family is facing difficulties, foster parents provide full-time, temporary care for children who cannot remain in their homes. Fostering is a unique opportunity with long-lasting rewards. Helping children and teens can also be a challenging task and Alberta Family and Social Services and Alberta Foster Parents Association provide support to foster parents through resources and guidance.

All foster parent applicants are carefully screened and require mandatory pre-service training.

Learn more about becoming a foster parent - an information session will be held:

March 5, 1998 at 7:30 p.m.
Conference Room, 2nd Floor, Provincial
Building, St. Paul, Alberta

For more information, contact
Lyann at 645-6370. To be
connected toll-free, call
310-0000.

Alberta
FAMILY AND SOCIAL SERVICES

From the FCSS desk...

1-2-3 Magic is coming to Elk Point!

By Deanna Easthope
FCSS Director

Isn't this something? Imagine what is coming to our town! Not, it is not a magic show. But it is more than that — it is a workshop on effective discipline for kids 2 to 12 years. If you are a parent or caregiver of children between the ages of 2 and 12 years, you should plan to attend this workshop.

During this workshop, you will learn Parenting Skills That Will Last a Lifetime. Topics include: * How to stop obnoxious behavior, such as whining, arguing, disrespect, screaming, fighting, etc.; * How to avoid the "Talk-Persuade-Argue-Yell-Spank" syndrome; * The Six Different Kinds of Testing and Manipulation and how to handle them; * How to get kids to do homework, get up and out in the morning, get to bed, do chores, eat meals, and much more; * Exactly what to do about lying and stealing; and

*How to tell if your child has Attention Deficit Disorder (ADD).

We are so fortunate to have Mr. Sig Taylor, MSW come to Elk Point on Monday, March 2. He will be presenting the 1-2-3 Magic workshop at the Elk Point Elementary School Gym starting at 7 p.m. Cost is \$5, payable at the door. He is a Clinical Member of the American Association for Marriage and Family Therapy, a Certified PAIRS Leader, a Certified 1-2-3 Magic Trainer and a Registered Social Worker.

He is in our northeast area for a week. On Sunday, March 1 at 7 p.m. at the Fishing Lake Communiplex he is also presenting the 1-2-3 Magic Workshop. Elk Point on Monday. Then on Thursday, March 5, he is doing a workshop on "Surviving Your Adolescents" at the Regional High School. Registration is \$5 (for pre-registration by

February 27, call the County FCSS Office at 645-1950). On Wednesday and Thursday, he is in Bonnyville. Then on Friday, March 6, he will be doing the "PAIRS" workshop in the lower level of the County of St. Paul Office. Pre register by February 27 by calling the County of St. Paul FCSS Office at 646-1950.

This is a great opportunity for every couple and parent with children. He also sells books and a tape. So it is a good way to refresh your memory.

The other day I was reading the March/April issue of Reminisce and I found this neat poem about THE PERFECT CHILD. The contributor didn't know the author but gave it to the magazine as she thought it might take us back to our child raising days.

When my child hits your child, he has not yet adjusted.

But when your child hits my

child, he simply can't be trusted.

My child's temper tantrums prove only that he's bored.

But your child's violent outbursts simply cannot be ignored.

When my child breaks your child's toys, they weren't built for normal use.

But when your child breaks my child's toys, there is no sense for such abuse.

My child is such a little dear, that surely you can see

If your child were mine to rear, how different he would be.

I hope the poem brings a laugh — but seriously, if you are interested in the 1-2-3 Magic Workshop coming to Elk Point on Monday, March 2, give the FCSS Office a call at 724-3800.

Get to the heart of the matter!



Next time you're feeling a little down, get out and get active. For a feeling you can really take to heart!

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Celebrate Canada Day '98!

Planning is now underway for Elk Point's 1998 Canada Day celebrations. The Canada Day Committee met last Thursday for the first time this year, and has adopted the national theme, "Celebrate Canada '98" as their theme for the local celebration.

The format of Canada Day will be much like last year, with a parade, outdoor stage show, and a craft fair and chil-

dren's entertainment in the arena.

The parade route will stay the same as last year, and prizes will be awarded in the same categories. This year, the committee has agreed to present first, second and third prize ribbons for decorated bicycles in addition to the prizes which go to all bicycle parade participants. No cash prize will be awarded in the

bicycle category. The Committee is hoping to have a band in the parade this year.

Entertainment for the stage show will hopefully include a fiddling contest, dance groups and musical numbers. Puppeteer Walter Pooler, who many enjoyed last year, will be invited to return, as will Popcorn the Clown.

Watch for further details on Canada Day, coming soon.

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Upcoming Workshops

1-2-3 MAGIC ELK POINT - MARCH 2

7:00 - 10:00 PM

ELK POINT ELEMENTARY SCHOOL

If you are a parent or caregiver of children between the ages of 2 - 12 years, you should plan to attend this workshop.

During this workshop, you will learn Parenting Skills That Will Last a Lifetime.

Fee \$5.00 per person, pre-register by February 25
To Register Contact Elk Point F.C.S.S. at 724-3800

Surviving Your Adolescents

March 5, 1998
7:00 - 10:00 pm

Living with a teenager is no picnic. There are times when you must bite your tongue as they push toward independence. Or if you sense there is trouble -- there are times when you must take charge. This workshop gives you a step-by-step approach that will help end the hassles and offer concrete solutions.

Registration Fee \$5.00/person.

Pre-register prior to Feb. 27, 1998 by calling the County of St. Paul, 645-1950.

Location: St. Paul Regional High School Fine Arts Theatre.

PAIRS Steps to better Relationships

March 6, 1998
7:00 to 10:00 pm

Develop the necessary skills for sustaining a loving and healthy relationship. Discover the causes of disappointment between couples. Resolve conflicts in a manner that enhances your relationship. Improve a dissatisfying relationship. Avoid mistakes made in previous relationships. Improve your ability to create a joyful, fulfilling future with a partner.

Registration Fee \$20.00/couple.
Pre-register by Feb. 27, 1998 by calling the County of St. Paul, 645-1950.

Location: County of St. Paul Lower Level.

View Points

This month in 1988

Look back, look waaaay back, and let's see what happened in Elk Point and surrounding communities a decade ago, in February, 1988...

February 3:

We bid a fond farewell to the old Ballas Motors/Zarowny Motors/C.J. Markstad Garage building, which fell to the wrecker's hammers on the corner lot where our new credit union now stands. Pauline Scott skipped the winners in an extra-end final at the Lindbergh Mixed Bonspiel. Third generation 4-Her Jeff Orr was named the Regional Junior Record Book winner. Bonnyville Pontiacs ran over the Elk Point Elks 11 - 4 in a game which many of us still remember, not because of the score but because of the dustup which put all the players except the goalies into the penalty box at one point. Doreen Mayner of Elk Point Public Library announced an 8.82% increase in memberships and a 12.95% increase in circulation during the previous year at the library's annual meeting.

February 10:

Pauline Scott made it two in a row, skipping the winners at the Lindbergh Ladies Bonspiel. Teams from Ryley and Lloydminster topped the 15th Annual Elk Point Pacers basketball tournament. Clandonald correspondent Shirley Osinchuk reported on a very successful Winter Carnival in that community, while Phyllis Ewen of Dewberry reported that their snowmobile rally suffered from lack of snow, with only 37 machines taking part. Rev. David Brown was welcomed to Greenlawn Community Gospel Church. Anne Elliott reported a busy hockey season in Dewberry, with Wainwright defeating the home team in their Peewee Hockey Tournament.

February 17:

Deputy Prime Minister Don Mazankowski was in town to help Mayor Byron Mann and Rec Board chairman Marshall Kachmar present Celebration '88 recreation awards to athletes Victor Stepa and Holly Burton, volunteer Pat Johnson, coach Jim Forrest, sponsor Canadian Salt Company and official Pat Vincent. Twenty seven others received certificates of recognition. Tiny torch-bearer Calen MacLellan lit the Olympic rings to kick off the Elk Point Elementary Olympics. Elk Point RCMP hosted a security seminar. Columnist Irene Magnusson asked, "Is spring fever catching?" and predicted a very dry year.

February 24:

John Dahmer announced he was seeking the Progressive Conservative nomination for the new federal electoral district of Beaver River. Two St. Paul rinks battled it out in the Elk Point Mixed Bonspiel grand challenge, with Jim Krauss skipping the winners. Elk Point Windsor Midgents won their first round of provincial playoffs over Lloydminster. Twelve students graduated from Lakeland College's Basic Management course. Ron and Grace Barwick celebrated their 50th Wedding Anniversary. Gordon LeDrew was sworn in as the new president at the Chamber's Annual Meeting, which celebrated the 50th anniversary of the Chamber in Elk Point. Paul Stepa was presented with a plaque honoring his 50 years of Chamber membership. Elk Point's first attempt at dinner theatre raised funds for the youth drop-in centre with a sparkling performance by the Leave It To Jane theatre group during which a locally-resident duck shared the stage with diva Iren Bartok at one point in the evening.

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Nutrition notes

In pursuit of the Olympic dream

By Shelley Miller-Hertes RD
Elk Point Health Centre

We have been saturated with Olympic fever the past two weeks. Many athletes dream of making it to the Olympics; truth is, very few actually do.

A lot of athletes in their pursuit of the ultimate training regimen turn to items they feel will enhance their performance. I'm not going to talk about anabolic steroids, cold medications, etc. — that's a whole other topic. However, I do frequently receive questions about high protein diets for athletes, and that is the topic I will talk about in this article.

Adequate, but not excessive, protein is needed to provide muscle, maintenance and repair, and for the production of antibodies to fight infection.

How much protein do athletes need?

— The normal adult protein requirement is 0.86 grams per kilogram of body weight.

— During initial stages of training, 1.2 to 1.5 grams of protein per kilogram body weight is required.

— During periods of intense training, 1.0 grams of protein per kilogram body weight is needed.

The increased amount of protein needed during training periods can be easily met when 10 - 15% of energy is consumed as protein. As you increase your calorie intake during periods of

training, you will naturally increase your intake of protein. The typical Canadian diet includes protein in excess of 1 gram per kilogram body weight.

For example, a 70 kg. person with a protein requirement of 0.86 g/kg = 60 grams per day, could eat the following:

FOOD ITEM	PROTEIN (grams)
250 mL (1 cup) cereal	4
250 mL (1 cup) milk	8
30 mL (2 Tbsp.) peanut butter	7
3 slices bread	6
90 g (3 oz.) hamburger patty	24
30 g (1 oz.) cheese	7
1 hamburger bun	4
Total	60g

During training periods, it is easy to increase your protein intake to 1.2 g/Kg, by adding 2 cups of milk and 1 oz. cheese to the above day's intake.

Excess protein in the diet can actually be detrimental by:

(1) increasing the work for the kidneys to excrete the waste as urea.

(2) increasing fluid loss required for protein elimination, which can contribute to dehydration.

So before you rush off to the store to buy a protein supplement for your diet, check your fridge for a few extra servings of protein-rich foods. It will be easier on the budget and tastier too!

We're only half way there

Heart attacks change lives completely

EDMONTON - When Bill Sommerfeld of Hinton talks about the after-effects of the heart attack he suffered in 1989, he says fear was the most debilitating of all.

"I cried like a baby when we left the hospital in Edmonton for the drive home. I was afraid to do anything in case it brought on another attack," the former logger says.

Bill's attack happened at a time in his life when work and family took top priority. He didn't smoke, was physically active and seemed healthy. Heart attack was just about bottom on his list of concerns.

"I was cutting the grass on a beautiful September afternoon when I got a bad bout of what I thought was indigestion," he says. He took some antacid and lay down on the living room floor for a while. They were expecting company for dinner, but his wife finally took him to the hospital.

"By that time, it felt like a

horse was standing on my arm, with the pain radiating from my chest," he reports. "I guess I was lucky — I was flown into the city and doctors there gave me a clot-busting drug. I remember afterwards, telling the nurse that I felt like I was going to die but... could I please eat first!"

When he returned to Hinton, Bill's life changed completely. With long distance coaching sessions from the cardiac rehabilitation centre, he increased his level of activity with daily walks, and gradually learned to deal with the fear. He changed his eating habits and today, spends his time carving and building toys modelled after the forest equipment he worked with for over 20 years. Coordinating the Hinton community Heart Campaign, is a new commitment for Bill, after being a canvasser for the past 5 years.

"Bill is like many people who tend to think they aren't at

risk," says Linda Mickelson, Northern Regional Manager for the Heart and Stroke Foundation of Alberta and N.W.T., "but in fact heart disease can affect anyone."

Helping Albertans recognize and react to heart attack and stroke is a major activity of the Heart and Stroke Foundation. Through its campaign message, the Foundation is hoping to dispel some misconceptions about heart disease, such as: it is only a man's disease, it is an older person's disease, and that research has beaten heart disease and stroke.

"Living with the threat of heart disease or stroke isn't easy. Helping is. This February we are asking the people of Alberta for donations to support our ongoing research and public information programs," says Ms. Mickelson. "This is the only way we can reduce the devastation of cardiovascular disease."



REDUCE YOUR RISK of heart disease

♥ avoid smoking

♥ have your blood pressure checked

♥ have your cholesterol checked

♥ exercise regularly

♥ learn to manage stress

♥ support research

Big talent explodes in Elk Point

(Continued from Front Page)

Three other Talent Explosion participants are also being invited to Northlands: Diane Lirette of Cold Lake, with a piano and vocal rendition of "The Sound of Music," hometown favorite Travis Pankiw with his sister Tanya accompanying his Tim McGraw hit, "It's Your Love," and a Bonnyville band, Nickademus, Brent Duterte, Craig Prefontaine, Terence Katerynych and Cori Solway, who drew an enthusiastic response from the crowd with their original number.

The three remaining bands came from other neighboring communities. Fishing Lake's "Loser Makes Good" consists of Terry Parenteau, Brandon Parenteau, Dale Youngchief and Dallas Flamond, while Frog Lake musicians Alex Dion, Clifton Cross, Blake Quinney and Terry Dion make up "Uranus," a pair of up and coming rock bands. The St. Paul-based "Vibration," were billed as a variety group and provided just that — a French song with Rejean Dallaire, Vincent Hetu and Justin VanBrabant on guitars and drums, while Roger Dallaire added accordion, flute and vocals and tapped a foot in jig time to this crowd-pleasing number.

Vocal soloists included

Jenny Quinney of Frog Lake, with "Every Little Girl's Dream," Tammy Leaman of Dewberry with a contemporary gospel number, "One of Us," Aaron Young of Elk Point with an original song entitled "Lost Love," Nadine Stefiuk of Two Hills with "You Were Meant for Me," Pam Jabush of Elk Point with Celine Dion's "When I Fall in Love," and Tanya Bowman of Dewberry with "I Believe in You and Me." Guitarist Curtis Chwyl of St. Paul offered an impressive rendition of Eric Clapton's "Old Love."

Visual magician Josh Kim entertained with a variety of rope tricks and sleight-of-hand, and made a disappearing \$5 bill reappear inside a kiwi fruit, during the judges' final decisions.

The show was emceed by Danny White of CHLW Radio, who sponsored the show along with Northlands Park, Carrera Soundworks and Footprints Subs & Arcade. A number of sponsors helped out with donations of cash, goods and services and door prizes. Route 66 provided the sound system for the afternoon.



TALENT EXPLOSION WINNER Candace Czuroska of Glendon was presented with her prize by judge Kevin Faryna. Runner-up Shane Rebryna (centre) adds his congratulations.



LOCAL TALENT -- included Travis Pankiw, who was accompanied on keyboard by his sister Tanya as he sang a Tim McGraw hit, "It's Your Love."

1-2-3 Magic Workshop

With **SIG TAYLOR M5W**

on **EFFECTIVE DISCIPLINE**

For Kids 2 to 12 Years

Monday, March 2/98 - 7:00 p.m.

ELK POINT ELEMENTARY SCHOOL

\$5.00 Registration

**PRE-REGISTER BY FEBRUARY 25/98 BY
CALLING ELK POINT FCSS AT 724-3800**

(will accept registrations at the door)

The Bear Den Gym is pleased to offer the following workshops.

Sat. Feb. 28, 1-5 P.M.

BASIC WEIGHT TRAINING PRINCIPLES

(Men or Women)

A beginners course to learn the basics of weight training, proper lifting techniques and how to start your own training program. Cost \$35.00 Per Person. Members \$17.50. Register by Feb. 26.

Thurs. March 5, 7-9 P.M.

WOMEN IN THE WEIGHT ROOM

A basic course designed to teach women strength training principles and build confidence in the weight room. Cost \$20.00 per person. Members \$10.00. Register by March 2.

Wed. March 11, 7-9 P.M.

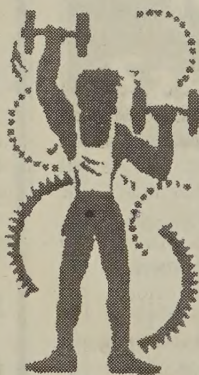
ADVANCED STRENGTH TRAINING

(Men or Women)

This course is designed for the intermediate weight lifter looking for some more advanced exercises. This course also covers various training methods including power, strength, speed and endurance. Cost \$20.00 per person. Members \$10.00. Register by March 7.

Course Instructor is Margarat McMullon

Register at Home Town Grocers or Footprints Subs or
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or \$125.00 for each additional person
- * 10 People \$1000.00/yr.
or \$100.00 for each additional person
- * 20 People \$1780.00/yr.
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Elk Point, AB

724-3136

Breast cancer screening: a successful partnership

From June 1997 through December 1997, Screen Test, Alberta program for the Early Detection of Breast Cancer, travelled throughout the Lakeland Regional Health Authority to bring breast cancer screening services to the women of the area. Screen Test is a division of the Alberta Cancer Board and works in partnership with the Regional Health Authority to ensure as many eligible women as possible in each community are aware of and able to access breast cancer screening services. The program serves women in the 50 - 69 year age group offering screening mammography and information on breast health practices. Through a personal letter of invitation and a variety of community mobilization strategies, women are made aware of the service and encouraged to participate.

A total of eleven locations were visited in the health authority area, including Elk Point, Saddle Lake, St. Paul, Bonnyville, Grand Centre/Cold Lek, Smoky Lake, LacLaBiche, Vegreville, Lamont, Redwater and Fort Saskatchewan. Altogether, 2956 women were screened in these sites. The program was very successful in reaching the target population being 50 - 69 year old women. This is the age group that has been proven to

benefit the most from regular breast cancer screening. Eighty one percent of the women screened were in this target age group. Only six percent of those screened required additional tests beyond screening, leaving the remainder of 94 percent of the local women with normal results. This is on par with international standards. Seventeen percent of the women screened have never had a mammogram before.

Screen Test and the Regional Health Authority work together to develop a plan for community mobilization. This process promotes the involvement of the community in all aspects of the program. Various activities surrounding the services involved women from the community. These included planning meetings, training sessions for volunteers during screening, evaluation meetings asking for feedback from the community on how to consistently improve the services, and orientation for women about the services in general and how they can participate in and promote breast cancer screening. A total of 424 volunteers and 44 community groups participated in mobilizing the community and assisting in the delivery of services.

Screen Test is an ongoing service of the Cancer Board. The program follows the Canadian recommendation

which is to offer women services every two years. Screen Test will be returning to the Lakeland Regional Health Authority area in approximately two years' time, June 1999, and will again be working with the Regional Health Authority and volunteers from the community. A very short visit will occur in approximately one year to target only those women who have had the recommendation of a one year screening interval. A few appointments will be available for other women who were not eligible at the time of the regular two year visit. This shorter visit will not see the community mobilization activities because it is of such a small scale.

Screen Test and the Lakeland Regional Health Authority would like to acknowledge the participation and enthusiastic support of the volunteers, businesses, and community at large provided for Screen Test and its staff during this screening visit. Information about Screen Test and breast health is available to women at local public health offices. We welcome your comments and feedback about the services and look forward to returning to your community in 1999. We appreciate your interest in this important health issue for Alberta women.

Report from the Legislature

By Paul Langevin, MLA
Lac La Biche - St. Paul

On February 12, 1998, Provincial Treasurer Stockwell Day unveiled the details of Alberta's Budget '98, including three-year budget and business plans for each ministry of government. Budget '98 includes a balanced package of debt reduction, tax breaks and reinvestment in priority areas.

Budget '98 maintains Alberta's firm commitment to debt reduction. Alberta's net debt could be eliminated by March 31, 2000, meaning that by the time we reach the millennium, we will once again own more than we owe. We expect to make another payment on the net debt of about \$2 billion at the end of the 1997-98 fiscal year. That would put Alberta's net debt at \$1.5 billion, down from \$8.3 billion in 1993-94. Once the net debt is eliminated, Alberta will still have \$13.6 billion in accumulated debt. Albertans will be consulted in the coming months on plans to pay down the province's remaining debt.

Budget '98 continues to build upon Alberta's tax advantage. Alberta's personal income tax rate will go down by 1.5 percent, from 45.5 percent of federal tax to 44 percent. The minimum payment under the Alberta Family Employment Tax Credit will double to \$1000 a year for a family with two children earning between \$19,000 - \$25,000. The tax credit for a one-income family earning \$30,000 with two children will rise from \$300 to \$800, combined with the income tax cut, these Alberta families will have their taxes reduced by nearly 50 percent in 1998.

Consistent with the advice from the Growth Summit and the priorities of Albertans, spending plans in Budget '98 are targeted to people development, especially children and young people. Spending on programs will increase by three percent in 1998-99 to a total of almost \$13.9 billion. Total spending, including debt servicing costs, will increase to just under \$15 billion.

Budget highlights in some key departments are as follows:

Health: The Alberta Health budget will be increased by \$498 million to \$4.48 billion, an increase of 12.5% over the next three years. Total health spending in 1998-99 will be \$4.206 billion, and increase of \$220.3 million or 5.5% from the comparable 1997-98 budget.

Education: Spending on education will increase from \$2.99 billion in Budget '97 to \$3.37 billion

(Continued on Page 8)

What do you think of WCB's benefit policies?

The WCB-Alberta wants your input on benefits for injured workers.

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consultation

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- Request details about how you can get involved.
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Lethbridge	May 20 & 21

Spaces are limited. Book early for your 15-minute private session.

- Register for workshops. Develop recommendations to have input into benefit policies.

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Alberta

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Tax tips

By Lisa Martin
H & R Block

If you are considering purchasing RRSPs for a deduction on your 1997 tax return, your time is running out. You have until March 2, 1998 to make a deductible contribution for 1997. Any contributions made after this date will have to be used in a future tax return. If you choose not to contribute this year, your deduction limit that is not utilized will be carried forward to next year. These carry forwards can enable you to use a larger deduction in future years. Be sure to check your RRSP limit before contributing, as you can only exceed your RRSP limit by \$2,000. Any excess contributions over \$2,000 may be subject to a penalty tax.

The deadline for making your repayments to the Home Buyers Plan is also March 2, 1998. If you withdrew money under this plan in 1995 you are

required to make your first repayment by March 2, 1998. Revenue Canada should have provided you with a statement showing the minimum payment that is due. It is worth mentioning that the repayments cannot be made to a spousal RRSP and the amount of the repayment cannot be used as a tax deduction.

Another option available is purchasing spousal RRSPs. Contributions to a spousal RRSP will become the property of the spouse, but the contributor may deduct these on his or her own tax return. This could provide substantial tax savings in the form of income splitting in future years. If the money is transferred to the spouse and if it is left in the plan for the prescribed length of time, it will become the income of the spouse when it is withdrawn from the plan. The spousal RRSP must be left in the plan until two calendar years have

elapsed after the contributor's last contribution to any spousal plan in order to transfer the spousal RRSP withdrawal income back to the spouse RRSPs until at least January of 1999, no spousal contributions can be made to any spousal plan between these two dates or the income will be taxable

back to the contributor of the plan).

Spousal contributions will not increase a taxpayers limit. Whether the taxpayer contributes to their own plan or a spousal plan or a combination of both, the deductible amount continues to be restricted to the personal deduction limit. A

spousal RRSP can work to your best advantage if the spouse is in a lower tax bracket than yourself or will be in a lower tax bracket when he/she decides to withdraw the RRSPs out of the plan.

* Lisa Martin is associated with H&R Block in St. Paul.

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Mar. 11, 16, 18, 23, & 25
Mondays & Wednesdays
Time: 6:30 - 9:30 pm
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Tuesdays & Thursdays
Times: 6:30 - 9:30 pm
Location: TTC St. Paul
Cost: \$155.00 plus GST

Word 97 - Level II

Mar. 30, Apr. 1, 6, 8 & 15
Mondays & Wednesdays
Times: 6:30 - 9:30 pm
Location: TTC St. Paul
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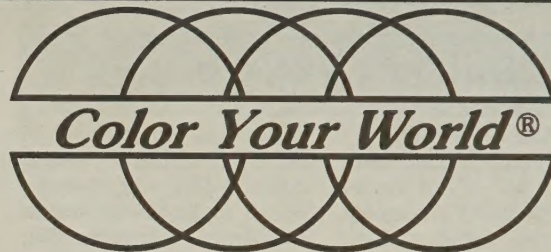
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Report from the Legislature

(Continued from Page 6)
by 2000-2001 — an increase of 13% in three years. School boards will also benefit from an additional \$59 million from 1998-99 to 2000-01 which has been re-allocated from interest savings.

Family and Social Services: The Family and Social Services budget will increase by \$16 million, or 1.2% over the 1997-98 budget.

Advanced Education and

Career Development: In 1998-99, spending will increase by 3.1% to a total of almost \$1.2 billion. Much of the increase is targeted at supporting adult learning.

Community Development: Spending in 1998-99 is budgeted to be \$365.7 million, an increase of 18.6% over last year. Most of the increase is due to the addition of the Community Lottery Board Program's grant budget.

Pioneer Circle bingo

February 16, 1998

Mary Bezpalko \$10, Adella Jennissen \$10, Carol Bugera \$10, Debbie Orr \$30, Caroline Shankowski \$48, Viola Yarmuch \$8, Margaret Gladue \$8, Alf Fakeley \$8, Helen Moccasin \$8, Ken Morin \$60, Phyllis Zarowny \$52, Ann Palynchuk \$30, Vi Lillemoen \$40, Kathy Zarowny \$10, Ken

Stanley \$10, Annie Stuparyk \$30, Olga Ruzycki \$30, Melvin McGinnis \$30, Olga Melnyk \$30, Vic Aarbo \$28, Lorna Best \$70, James Moosepayo \$22, Minnie Moneta \$750, Alex Smereka \$98, Susan Lokken \$36, Adeline Abraham \$54, Elmer Waskahat \$36, Melody Pankiw \$18.

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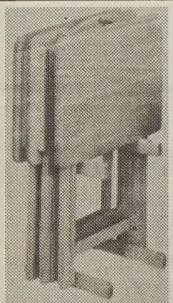
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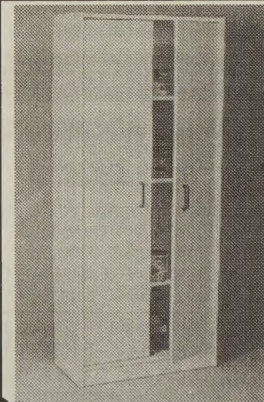
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What's news at the library?

Friends of the Library are friends indeed

By Michele Ducek
Librarian

The Friends of the Library presented the Elk Point Public Library with a check for \$8000 this past week. This money represents the earnings from bingos. This money will go towards buying new books, videos, etc. for the library as well as upgrading our equipment. On behalf of the library I would like to thank all those Friends who came out to work bingos this past year. You have our undying gratitude. If there are any people out there who would also like to receive my undying gratitude, talk to me about how you can become a Friend of the Library. The group is always looking for people who are interested in helping the library.

February 22 - 28 is Freedom to Read Week. This is a week set aside to celebrate the access we have in Canada to a wide variety of materials on a wide variety of subjects. My favorite



SHOW ME THE MONEY -- Librarian Michele Ducek (left) and Friends of the Library President Sherry Pelech give us a close up look at the mighty big cheque the Friends donated last week from their bingo proceeds.

activity during Freedom to Read Week (aside from reading) is finding out about books that have been banned in the past. Sometimes I will even read one of these books to see what all the fuss was about. So celebrate your freedom to read by coming in and checking out something from the library.

I just received a delivery of new books and here are a few new titles in juvenile fiction:

Mary Anne has to take a second job to pay for all the Christmas presents she has bought but she doesn't want anyone to find out about it in *The Secret Life of Mary Anne*

Spier from the Baby-Sitters Club.

Lou used to be the Worst Kid Ever but now she seems to be a perfect angel in *Abby and the Best Kid Ever* from the Baby-Sitters Club.

Stoneybrook is having a winter festival and Karen wants to do everything in *Karen's Snow Princess* from Baby-Sitters Little Sister.

When Sweet Valley Middle School hosts a TV dating show, several students conspire to cheat to get the date they want in *The Boyfriend Game* from Sweet Valley Twins.

Someone has stolen a bag of

secret "valentine-grams" and is making the contents very public in *Stacey and the Stolen Hearts*, a Baby-Sitters Club Mystery.

And in picture books:

Miss Hildy uses her knowledge of spelling to discover the identity of her secret admirer in *Happy Valentine's Day*, Miss Hildy by Lois Grambling and Bridget Starr Taylor. A Step Into Reading book. I read this one for Valentine's Day at Storytime and it's real cute.

The latest in adult nonfiction:

How to Avoid Buying a New Computer by Myles White takes you through the process of adding to or upgrading your existing computer.

LIBRARY CALENDAR:

Fridays, 10:30 a.m.: Storytime. Everyone welcome.

Obituary

BLACKLOCK, Harry

On February 14, 1998 Mr. Henry (Harry) Albert Blacklock of St. Paul passed away at the age of 78 years. Harry was born on December 23, 1919 at Mooswa (now known as Lindbergh). He was one twin of the first two sons of Armina (Prowse) and Alex Blacklock who have since passed on. Harry was raised on his parents' horse ranch homestead near Laurier Lake. Harry left home at age 14 and worked on Carlsons farm by Lindbergh, until he joined the army in 1940. Upon his return in 1945 he bought land from Bill McCormick and started his own farm. On November 28, 1953, Harry married Rose Aarbo, daughter of Tom and Thea Aarbo of Elk Point. Harry and Rose farmed for 27 years at Lindbergh and raised their 3 children. In 1980 they retired and moved to St. Paul.

Harry is survived by his loving wife, Rose; 2 daughters and 1 son, Jenny and Randy Scott with children Monte, Clint, Nicole and Natasha; Grace and Bobby Kinjerski with children Armina, Felina, Yolanda and Zoey-Lynn; Harry Albert Jr. with children, Tanya and Lorne, all of Lindbergh; 5 brothers and 1 sister, Alex and Josephine of Lindbergh, Gordon and Gertrude of Dewberry, Roger and Joanne of Kelowna, B.C., Jerry and Dorothy of Lindbergh, Edwin of Calgary, Joyce Swan of Winterburn; also numerous nieces and nephews. He was predeceased by his parents, Alexander and Armina; and 1 brother-in-law, Charlie.

Funeral Service was held Wednesday, February 18 at 1:30 p.m. at Yewchin's Funeral Chapel, St. Paul. Reverend Sam Donaldson officiated with interment in Mooswa Cemetery, Lindbergh.

Yewchin's Funeral Chapel Ltd., St. Paul, AB., 1-403-645-5177.

PARENT-TOT DROP-IN

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United Church

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9:00 am to 12:00 Noon
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COMMUNITY NEWSLINE

"Mother to Mother" Breastfeeding Support Group - meets 4th Monday of every month, 10 a.m. Call 724-3332 for more info. Expectant mothers and older siblings welcome.

Elk Point Parent Nursery - Starts October 1. Every Wednesday 10 a.m. to Noon, Elk Point Baptist Church Basement. Children under 6 and parents welcome. For more info, call Donna Arnold at 724-3373.

At-Anon Family Group Meeting, Room 605, Elk Point Municipal Hospital, Wednesday evening at 8:30 p.m.

Alcoholics Anonymous meeting, Wednesday at 8:30 p.m., Room 604, Elk Point Hospital.

T.O.R.S. meets every Wednesday, 6 p.m. - 7 p.m., Old Courthouse, south door, Elk Point.

"New To Town" FCSS would like to welcome and familiarize new families with the services and programs available in town. Welcome packages contain a community directory, volunteer directory, coupons, maps and more! Call 724-3800 for more information or drop by 4902-51 Street.

Recycle Your Paper - Paper trailer is located at the west side of the curling rink, 5118-49 Ave.. We take newspapers, flyers, computer and bond paper. No cardboard boxes, milk or egg cartons, phone books or glossy magazines. Please sort and bundle with string or put in cardboard boxes.

Elk Point Public Library - Mon. - CLOSED; Tues. and Thurs. 1 p.m. to 5:30 p.m.; Wed. 2 p.m. to 9 p.m.; Fri. 10 a.m. to 5 p.m.; Sat. 11 a.m. to 3 p.m.; Storytime - Fri at 10:30 a.m. Photocopies. Extended library services and reliable information sources. Public meeting space available to non-profit organizations at no charge. Please call the Elk Point Library for booking at 724-3737.

The Elk Point Legion now meets on the 2nd Tues. of each month at 7:30 p.m. in the Seniors' Centre.

Elk Point Auto Club - meets at the Empress Restaurant, Elk Point, the 2nd Wednesday of each month. More information call: Ed Smith at 724-2527.

Elk Point Oletas regular meeting is the 1st Thursday of the month. For more information, call Fay at 724-2036.

Elk Point Area "Stop Family Violence" Support Group - meetings are held 2 times a month. For more information call 724-2380, 724-3800 or 645-1950

Adoption Support Krew - meets the 2nd Mon. of every month at Social Services Bldg., St. Paul from 7:30 - 9:30 p.m.. For more info call 724-3031.

Many Albertans gamble as a form of recreation. For a small minority, however, gambling becomes a problem. If you or someone you know is experiencing personal, social or financial problems as a result of their gambling, confidential help is available. Call 1-800-665-9676.

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Shows nightly at
7:00 & 9:30 p.m.

BLUES BROTHERS 2000

PG
Saturday & Sunday Matinee
2:00 p.m.

the wedding singer

PG
Coarse Language
7:15 & 9:00 p.m. nightly

Saturday & Sunday Matinee
2:00 p.m.

TITANIC

PG
Not Suitable for Young Children
7:30 p.m. nightly

Saturday & Sunday Matinee
1:00 p.m.

FEATURES SUBJECT TO CHANGE WITHOUT NOTICE

CHURCH SERVICES

Elk Point Baptist Church
5705 - 49 St., Elk Point
Pastor Jim MacLellan - 724-4194
Family Worship Service
Sundays - 10:00 a.m.
Sunday School for All Ages - 11:15 a.m.
Call Church answering service for current programs and times.

United Church of Canada Elk Point
REV. PAULETTE PHILLIPS 724-3616
Sunday Services and Sunday School 10:00 a.m.
OFFICE HOURS
Mon, Tues., Thurs., 9 a.m. to 12:00 noon
Parent & Tot Drop-in -- Tuesdays, 9:00 a.m. to 12:00 noon

Elk Point Christian Community Church
Rev. Sam Donaldson - 724-2493.
Railway Avenue and 53 St.
Sunday Worship Service - 11:00 a.m.; Sunday School - 11:00 a.m.; Youth Group (Fri. Club - Gr. 4, 5 & 6) 2nd & 4th Fri. 7 p.m.; Office hours - Thurs. & Fri. 9 a.m. - 12 noon

Bible Fellowship Church Clandonald
Services held every Sunday at 11:00 a.m.
St. Michael's Catholic Church
Sunday Mass 12 p.m.

Bethel Lutheran Church of Lea Park
Sunday Worship Services, 10:30 a.m.

St. Vladimirs' Ukrainian Orthodox Church Elk Point
For service times, call 645-5156, St. Paul or 724-4351, Elk Point.

Notice

St. Michael's Roman Catholic Parish will be having Sunday Masses at the Ukrainian Catholic Church, 5220-49 Ave. (just behind the R.C. Church) commencing March 8, 1998 at the usual time of 12:00 noon.

Business Directory

LOUGHRAN CONSTRUCTION

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1 AUCTION

UNRESERVED Truck & Construction Equipment Auction, Mar. 9, 1998. Selling on behalf of The City of Calgary, Telus, TransAlta and other consignors. Partial listing includes: (2) 94 Komatsu PC220LC's; 91 JD 644E; 91 Komatsu, WA250-1 wheel loaders; Cat 140G grader; 95 Cat CP563C packer; 98 Kenworth T800 tractor, 98 Canuck T/A and triaxle end dumps, etc. Information/brochure 403-269-6600. Fax 403-266-6745. Home page <http://www.bmlive.com/CPA>. E-mail us:cpa@bmlive.com.

GUN AND SPORTS Auction, Thurs., Mar. 5/98, 6:30 p.m. Rifles, handguns, fishing supplies, scopes, binoculars. Grunow's Auction, 5 miles west of Wainwright 403-842-3162. Consign now for April Sale.

2 AUTO

1986 ASTRO MINI VAN - Grey / maroon, 7 passenger, good condition. Asking \$5,600 obo. Phone 645-5058. Mar3

1995 DODGE DAKOTA MAGNUM - 3.9 litre, automatic, 4-spd., tilt, cruise, am/fm cassette, warranty, box liner, 37,000 km, premium condition, no gst. \$12,800. 645-2470 evenings. Feb24

1979 OLDSMOBILE 2-DR. DELTA '88-350 Olds engine, pw, cruise, good condition, only 88,000 km. \$2,500. Phone 645-6696. Feb24

1988 GMC SLE - 2-wheel drive, regular cab, 350 auto., fully loaded. Must sell. Asking \$6,900 obo. Phone 645-5522 after 6:00 pm. xxx

NEW VEHICLES at wholesale prices. Serving rural Alberta. Call Trinity Auto Consultants, 1-888-507-2570, 403-484-0804, Edmonton.

2 AUTO

SAVE MONEY on your next used vehicle. Alberta's largest used vehicle dealer offers all size trucks, vans, sport utilities, cars and older units. Ask about our former convenience program. Marlboro Auto Source "Home of CMP Pontiac, Buick, Cadillac, GMC and Classic Chev Olds." Toll free 1-888-399-9199.

THINKING OF SELLING your truck? Is your lease due? We buy vehicles for cash. Wanted - clean low/average mileage, '88 and newer trucks and sport utility 4 X 4's. Call Nafta Trading/Global Auto Link: 1-800-791-8120.

4 BUSINESS OPPORTUNITIES

\$ GOV'T FUNDS - Grants and Loans for your new or existing business and farm. 1-800-505-8866. xxx

STARTING OR EXPANDING your business? Call The Business Link Business Service Centre for direction to Alberta business information and services. Toll free 1-800-272-9675, Edmonton 403-422-7722.

AMAZING FACT. The Internet will grow by 2,700% in 24 months. Earn up to \$15K/month with Canada's fastest growing Internet Franchise. Full training. Investment required. 1-888-678-7588.

KWIK KERB - own your own business. Part-time or full-time installing on-site, continuous concrete, landscape edging, total equipment, proven system, training. 1-800-667-KERB.

POLARIS STAR dealership for sale in Edson, Alberta. Full machine shop for small engine repair. Large customer base. Great area. Call Len 403-865-2770, home 403-865-5568.

4 BUSINESS OPPORTUNITIES

CHRISTIAN BUSINESS: Up to 81% profit for you or your ministry. No inventory. Home based servicing Christian market. Complete training and support. Select territories. 1-800-663-7326.

SPRING IS HERE! Dickie Dee Ice Cream now has exclusive mobile vending distributorships available in your area! Earn \$200. to \$700. a week! Small initial investment required. Excellent support programs. This opportunity is profitable, educational and enjoyable. 403-248-7322, Rob.

START YOUR OWN business or expand your operation with ArmorThane Coatings, Canada's #1 spray-on truck bed liner. Exclusive dealership opportunities available now. Call 1-800-363-6100.

FOR SALE, well established fabric/drapery store in a small community in southern Alberta. In business for 20 years, good clientele. Call Dianne 403-646-5571, 403-646-2086.

FOR SALE - Stedmans V&S Department Store, Fort Nelson, BC. Owners retiring. Well established profitable business. Inventory and fixtures negotiable. Approximate investment \$170K. Call 1-800-665-5085.

SCORPION - Absolutely the best spray in truck box liner yet, and many other applications. Establishing dealers. \$12,000. investment. Earning potential \$80,000.+ per year. 403-498-1212.

BUYERS CLUB: Start your business today. An excellent opportunity. Spread the word and build your business. Rated in the top 10 (1997). 1-888-292-5091 (24 hours).

STEADY CASH income - Forever. Prime location vending routes now available with minimum 20% return. Operate this low investment 100% cash business full or part-time from your home. Phone Eagle Profit Calgary 403-205-4332 (Dept. 295) or Eagle Vancouver 1-800-387-2274 (Dept. 295).

KABOOM! We net 30K/month working from home. Require serious players for Canadian expansion. No retail selling. No inventory. Proven company. Proven system. Call 1-800-999-1346 ext. 449.

HUGE EARNINGS! Stressed money problems. No work. Tremendous residual income. Realize unlimited income. Your decision. You'll be glad you called. Call now. Free information. 1-800-999-1346 ext. 636.

DIGITAL SATELLITE (Canada/government approved). No more cable. Be first in your area to earn commissions on the hottest consumer product in history. Call 1-888-298-4888 before March 31/98.

SURE COPY CENTRES, 95 stores across Canada, expanding to rural Alberta (towns of 3000 or more), low down, training, financing. Harley 403-830-5066.

AGENT OPPORTUNITY. Earn money from your home! Let us show you how! Phone toll free 1-888-531-5627 I.D.# PH101.

6 EMPLOYMENT OPPORTUNITIES

LAKEVIEW FARM Industries Ltd. is currently seeking a qualified pen rider (pay range \$10. to \$13.50/hour). Duties include daily pen checking of up to 8000 cattle, sorting and moving sick cattle to hospital areas, and assisting in administering medical treatments. Monthly horse and tack allowance of \$250. (maximum of 3 horses) is paid in addition to feed. Applicants with experience in similar lots or possessing secondary training qualify for starting wages above the minimum. Lakeside offers a comprehensive medical and benefits package in addition to competitive salaries. If you are interested in the above position, send your resume via fax to 403-362-8231.

JOURNEYMAN heavy duty mechanic at New Holland dealership. Competitive wages, health plan, incentive package. Apply Webb's, 4704 - 44 St., Vermilion, T9X 1Z6. Attention: Ray Schock. 403-853-5196 or fax 403-853-4744.

6 EMPLOYMENT OPPORTUNITIES

LONG DISTANCE DRIVERS! Due to increased freight volumes, we have current openings in single or team drivers sections. (minimum 2 years) experience, must be able to enter the U.S.A. We offer regular home time, with top industry rates. If you are looking to make a change for the better! For more information, please call Ric Delaloye, Driver Relations, 1-800-713-8088 or 1-204-632-7755.

WANTED SHOP foreman/heavy duty mechanic. Must be able to certify. Starting wage \$18./hour. Must be willing to relocate. Call 403-876-2250 or fax 403-876-2070.

CONSORT GOLF CLUB requires Club House Manager. Duties include green fees, pro shop and concession. Resume: Mr. Fred Mehl, Box 156, Consort, AB, T0C 1B0. 403-577-3789.

THE MELFORT JOURNAL is seeking a strong motivated individual to assume the position of Editor. The Melfort Journal has a large paid circulation and is the community's independent newspaper. The incumbent will be responsible for the news department and will be a graduate of a school of journalism with a minimum of 3 years related experience. The successful candidate will require a current driver's licence and access to a vehicle. We offer a benefit package and salary commensurate with qualifications. Resume may be submitted in confidence no later than March 6, 1998 to: Melfort Journal, Box 1300, Melfort, SK, S0E 1A0. Phone 306-752-5737, fax 306-752-5358. E-mail address: mjjournal@sk.sympatico.ca.

SERVICE TECHNICIANS, preferably with farm equipment experience required for Case IH service department in central Alberta. Competitive wages and benefits. Great place to live and work. Apply to: Broeye International, 4338 - 50 Ave., Olds, AB, T4H 1A5. Phone 403-556-6711, fax 403-556-1370.

SALES PROFESSIONAL a growing dynamic New Holland dealership located in booming central Alberta has a position available for a self-motivated sales professional. Established territory, established customer base, product base, competitive commission and benefits package all provide for above average earnings potential. If you are a sales professional with drive and want to advance your career fax your resume in strictest confidence to: Sales Manager, 403-341-5940.

HAYALTA FARM EQUIPMENT, Red Deer requires an additional parts person. The successful applicant must have good ag parts and computer knowledge and be a journeyman with five years experience. Must be able to work with minimum supervision and accept responsibility. Competitive wage, commissions and bonuses and an excellent work environment with a benefit package all contribute to personal and professional gain. Fax resume in strictest confidence to: Parts Manager, 403-341-5940.

JOCUS TOYS dynamic home business. Over 300 toys and crafts to enhance child's development. 72% under \$15. Homes parties, catalogue sales. Quick start program. 1-800-361-4587, ext. 9371.

MANAGEMENT POSITION: Rapid growing rental business requires a self motivated individual to oversee daily operations of equipment rentals and retail sales. Qualifications: Computer Windows 95, counter sales, stock control and problem solving. Knowledge of construction and mechanics preferred. Fax resume to: 403-369-3747. Deadline March 18/98.

MUSIC FOR YOUNG CHILDREN is training new teachers! Teach piano, theory, singing, listening and the enjoyment of music, in small groups. A minimum Grade 8 piano is required. 1-403-257-2890.

DRIVERS/OPERATORS required. Reliable drivers with a minimum of a Class 3 with air ticket licence, required for the spring of 1998. No experience in the fertilizer industry necessary, but would be an asset. For more information call 403-556-3449 or apply in person to: Rob Gardner, Alberta Pool, (Olds Agro), Olds, Alberta.

6 EMPLOYMENT OPPORTUNITIES

THE JASPER TRAMWAY requires two operations shift supervisors. These people will be responsible for the safe and efficient operation of the tram. These people will have previous supervisory experience in tram or ski lift operations. Other experience in a tourism setting may be considered. Please send resume to: Jasper Tramway, Box 418, Jasper, AB, T0E 1E0. Attention: Steve or fax 403-852-5779.

THE JASPER TRAMWAY requires a lift maintenance supervisor. This person will be responsible for both lift and building maintenance. This person will have an appropriate journeyman's trade designation. Please send resume to: Jasper Tramway, Box 418, Jasper, AB, T0E 1E0. Attention: Curt, or fax 403-852-5779.

BUSY FORD dealership requires service technicians and sales personnel. Ford trained preferred but not essential. Sales: Wayne 1-888-842-0044. Service: George 1-888-842-0044. Top wages and benefits.

SALES DEMONSTRATORS required. Must have cooking schooling/related experience. Outgoing, friendly, goal and sales oriented. Experience in grocery/retail an asset. InStore Focus. Fax 416-626-4598. Attention: File #2900.

EXPERIENCED CLASS 3 and Class 1 drivers for vacuum and tank truck operation. General oilfield service oriented individuals. Clean abstract. Oilfield courses an asset. Call 24 hours at 403-778-6113 or fax resume to 403-778-4556.

HELP WANTED journeyman GM mechanic required, \$19.50 per hour plus benefits. S.W. Alberta. Contact Darcy, 1-888-209-3648.

TRACKHOE OPERATOR required immediately. Must be willing to relocate to Chauvin area. Please mail or fax resume to: Benoit Oilfield Construction Ltd., Box 277, Chauvin, AB, T0B 0V0. Fax 403-858-3795.

MECHANICS WANTED, central Alberta AGCO dealership, only one hour from Calgary or 1/2 hour from Red Deer. \$16. to \$23./hour with generous benefit plan. Submit resume with cover letter to: Wenstrom Equipment, 5905 Imperial Way, Olds, AB, T4H 1M5. Fax 403-556-6540.

INTERNATIONAL SCHOOL of Auctioneering. Become a professional auctioneer for only \$895. Canada's oldest auction school. March 16/98, Olds College Campus. Don't pay more for less! 1-800-465-7578, free brochure.

BE A SUCCESSFUL writer. Write for money and pleasure with our unique home-study course. You get individual tuition from professional writers on all aspects of writing: romances, short stories, radio and TV scripts, articles and children's stories. Send today for our free book. Toll free 1-800-267-1829, fax 1-613-749-9551, info@qualityofcourse.com. The Writing School, 2981 - 38 McArthur Ave., Ottawa, ON, K1L 6R2.

REGISTERED NURSE? Post-secondary diploma or degree in health studies? Study Gerontology without leaving home. Contact Gerontology Program, Mount Royal College, Calgary, AB, 1-800-240-6891 toll free, 403-240-6053 locally, <http://www.mtroyal.ab.ca/programs/ce/ntrhs>.

NEW CAREER opportunity in the meat cutting industry. 12 week program, 4 week paid practicum, guaranteed work placement, funding source may be available. Start date March 16, 1998. Phone 1-800-661-6537 or 1-403-556-8377 for information.

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Full or Part-Time
Required for Evening Work
Flexible hours with
alternate weekends off.

Apply in person



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Your classified ad can be read in over 20,000 papers.
Select your classified readership for as little as \$3.00 / week.

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Tuesdays - \$4.00 per week + G.S.T.
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Grand Centre Sun

Tuesdays - \$3.00 per week + G.S.T.
Bonnyville Nouvelle

Tuesdays - \$3.00 per week + G.S.T.

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(20 cents per word per newspaper insert over 25 words)

Corrections - The publisher will be responsible for only one insertion as a correction. It is the responsibility of the purchaser of the classified ad to check their ad after the first publication and let us know if there is a mistake before the next insertion is printed. The publisher will not be responsible for errors in classified ads that have been phoned.

Place your order at either of our offices:

St. Paul Journal - 645-3342

Elk Point Review - 724-4087

Lakeland Marketplace

Lakeland Marketplace

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8 FEED & SEED

LARGE, SOFT CORE HAY BALES - 65 bales, 2nd cut alfalfa, no rain; 39 bales 1st cut alfalfa, no rain. Phone 635-2415. Mar3

W3K FARMS - Registered and Certified AC Barrie, Certified DCD Teal, Registered & Certified Kasota, Certified CDC Dolly. Quality pedigreed for 15 years. Phone 645-5559. May12

LARGE ROUND ALFALFA BALES - 15.5% and 13% C.P. JD 510, 900-1100 lb., will load, no rain. 645-5559. Mar17

FOR SALE - Large round timothy straw bales. Will load. Phone 724-2141. Mar10

FOR SALE - 200 round hay bales, alfalfa / brome / timothy mix. \$30.00 per bale. 90 second cut alfalfa round bales. \$35.00 per bale. 724-2459. Feb24

FOR SALE - 350 round hay bales, alfalfa / brome mix. Phone 726-2222. Feb24

WANTED - Feed barley, wheat and canola moved off farm. Top prices and service. Contracting spot and forward. Contact AgPro Grain at Lavoy/Vegreville 632-6807 (toll free 1-888-797-7674), Killam 385-2188 (toll free 1-888-385-2188). Mar10

FOR SALE - New variety common seed oats and CPS. wheat. Phone 635-2628. Mar31

FOR SALE round Alfalfa and grass mix hay. Also straw and buying good hay and straw. Delivery available. Phone 403-349-5067.

PBR NOTICE - AC Lacombe, Kasota, AC Barrie and AC Karma, under the Plant Breeders' Rights Act, SeCan members are the only authorized sellers of such seed. Even if the variety name is not used, it is an offence to sell it and SeCan will use all legal means to protect its rights. If you have information regarding illegal sales please call 1-800-665-7333.

HAY SALE Highwood Livestock Auction, High River, Alberta, Fri., Mar. 12, 1998, 11 a.m. For information call Frank at 403-651-1434.

450 ROUND hay bales, Timothy, Alsike, 1500 lbs. 403-524-5394, Valleyview.

9 FOR RENT

3 BEDROOM MOBILE HOME - Available March 1/98. Also large scenic mobile home pads. Lots of good water. Sun Country Village 645-6879. Mar10

1, 2 & 3 BEDROOM APARTMENTS - in Elk Point. Furnished or unfurnished. S.S. Management. Contact 724-4138 or Steve or Mary Ann 826-2250 or 724-2825 for more information. xxx

10 FOR SALE

1975 NEONEX MOBILE HOME - 14'x70', completely renovated. A must see! 4 bedrooms, big porch with wood stove. 2 additions and deck. 726-3802. Feb24

FOR SALE - 94 Titan 24-ft. G.N. trailer with loading ramps. 2 x 7000 lbs. axles. Good condition. Asking \$5,000 obo. Phone 657-2001, ask for John. Feb24

THE BEST COMPUTER, the best price. Delivered right to your door anywhere in Canada! Just \$69. per month, no money down. For Tymannus loaded 166MMX Multimedia package: 166 MMX, Motorola 56.6 fax/modem, stereo surroundsound, digital full-motion video, 3.2 GB HD, 24X CD ROM, full colour 14 inch monitor, loaded current software (list is too long for this ad, call us!). Instant credit approval available right over the phone! Call 1-800-551-3434, to order/more information.

SAWMILL \$4895. Saw logs into boards, planks, beams. Large capacity. Best sawmill value anywhere. Free information 1-800-566-6899. Norwood Sawmills, R.R. 2, Kilworthy, ON, POE 1G0.

\$39,900. NEW 16 X 80, 3 bedroom, 2 bathrooms. Hurry act now. Includes vinyl siding, cathedral ceiling, gas water heater. Free credit approval. Ridgewood Homes, Red Deer, 1-800-797-5714. Calgary, 1-800-797-5717.

\$38,900. FACTORY DIRECT buys you a 1998, 3 bedroom, 2 bath, 16 X 80. It's loaded. Plus 0% down O.A.C. We have 15 additional features not included in our competitors best price. Ridgewood Homes Inc., 403-470-5660, collect.

10 FOR SALE

JUST \$59. per month. Absolutely complete! No money down! No payments for three months! From the fifth largest PC manufacturer in Canada: 200MMX, 24X CD ROM, 2.0 GB Quantum, ATI 3D EXP Video, 33.6 full duplex, Intel MB and Processor, 16MB EDO 14 inch SVGA. 90 days free Internet. Don't be fooled by other offers! Credit approval available right over the phone! 1-888-860-9190 more information/to order. Fax FedEx delivery, to your door anywhere in Canada.

FUTURE STEEL BUILDINGS. 1997 Factory Clearance Sale on many models and sizes. Reserve your building now for spring delivery while quantities last. Call 1-800-668-5111, ext. 230.

ALAN JACKSON, lower deck, floor premier tickets. Edmonton May 1; Calgary May 2. Tickets are for rural Alberta fans only. Booking deadline is Mar. 5. Just Tickets 1-800-304-4321.

60' X 90' X 14' FARM SHOP, straight wall, galvalum cladding, \$21,000. Coloured cladding, doors, windows, labour and freight extra. Master-Craft Building Systems Ltd. 1-800-822-1836, Calgary, 403-269-4117.

FORKLIFTS, POWERJACKS, pallettracking, safes, scales, tills, freezers, coolers, shake machine, popcorn machine and cart, trays, cups, warmers, displays, glass cubes, show cases, store shelves, 306-347-0091.

WOULD YOU LIKE relief from the pain of arthritis? Try Unique Protection™. What is Unique Protection™. Unique Protection™ 100% derived from vegetable sources. Discovered 25 years ago, Unique Protection™ known to help with the relief of arthritis pain rather than symptoms. Unique Protection™ not a conventional product. Never been anything like it before. Its action so unique and precise it may well completely revolutionize the way all autoimmune diseases will be treated in the future. Unique Protection's™ active ingredient is CM Pure™ an immunomodulator that works to regulate the immune system. Unlike other products that simply treat the symptoms of arthritis, CM Pure™ acts by reprogramming the erroneous "Memory T-Cells" that attack healthy joints and cartilage. With a fantastic success rate Unique Protection™ produces quick results that may help end pain, inflammation. 1-888-895-9989. Ask about wholesale prices.

PLANNING a new home? Prefabricated packages starting at \$19,500. Custom designed to suit your needs. Farm building packages available. Call Winalta for details 403-470-5650.

HOME BUYERS. This is the time of year to buy! Taking offers on 1997 models - 16 heated homes. Central Alberta Custom Homes, Red Deer 403-347-5566, 1-800-347-5590.

BLOW OUT CLEARANCE SALE! Beat the GST on homes in stock! View new colours, floor plans for 1998 SRI homes! 7 year warranty! Large selection of new, used homes - Unbeatable prices! No GST, offer good while supplies last! Don't delay. 1-800-470-5444.

\$39,900., 1998, 16 X 80, 3 bedroom, 2 full baths, cathedral ceiling, appliances, vinyl siding, 2 X 6 construction, large country kitchen, 3% down O.A.C. Jandel Homes, 1-800-463-0084.

\$39,900., 1998, 16' X 80', 2 bath, cathedral ceilings, fridge, stove gas white, 2 storm doors. Order now. Best Buy Homes, Calgary, 403-237-8050.

\$62,372. (F.O.B. Edmonton) buys a 1,400 sq. ft. modular home. Includes fridge, stove, 2 baths, u-shaped kitchen, microwave shelf, mudroom, laundry, 7 year warranty. Westalta 1-888-937-8111.

NOW SELLING new Ridgewood Manufactured Homes, complete with lot, deck, landscaping, in Lloydminster. Also selling new 1998 Ridgewood Homes starting at \$38,900. For more information call, Stardust Properties, Lloydminster, 403-875-1487, Wainwright 403-842-4340.

13 LIVESTOCK

FOR SALE - Purebred Charolais Bulls, polled and horned. Also round bale feeder for sale. Phone 645-3706. xxx

13 LIVESTOCK

140 BLACK ANGUS SELL - Sunday, March 8 at 1:00 p.m. at Marwayne (6.5 km south on Hwy. 897). 35 yearling bulls, 20 registered females, 85 select bred and open Angus commercial females. For info, or catalogue call Duane (403) 847-2395. Fax (403) 847-2771 or Harvey Bowerman 306-236-5395. Mar3

FOR SALE - Shady Lawn Stock Farm has yearling and 2-year-old black Angus Bulls. Phone Jim or Milly 724-2360, cell 645-0963. Mar17

FOR SALE - Purebred Gelbvieh Bulls, yearlings and two-year-olds. Also yearling heifers, polled and horned. Phone 645-2592. Apr28

HORSES - Arab / Appaloosa Mare, Arab / Quarterhorse Mare, Appaloosa / Quarterhorse Gelding. Phone 645-2627 after 5:00 p.m. Mar3

FOR SALE - Red and Black Angus Bulls, Yearling and older bulls. Also 2 stock saddles. Phone 726-3764. Mar10

FOR SALE - Purebred Charolais Bulls, Yearlings and 2-year-olds. Red, Whites, Horned and Polled. Guaranteed. Delivery available. Majestic Charolais, St. Lina. 403-623-4197. Apr7

FOR SALE - Red Angus Yearling Bulls. Pshyk Red Angus, Glendon, AB. Phone 635-2377. Mar10

LITTLE WILLOW CREEK RANCH 11th ANNUAL SIMMENTAL BULL AND HEIFER SALE - Saturday, March 14, 1:00 pm M.S.T. at the Lloydminster Exhibition Grounds. Selling: 55 ranch raised thick beef bulls, 50 bulls solid RWF, no bulls sold prior to sale. Also selling 150 Simmental X Hereford open replacement heifers. Then sells the Midwest All-Breed Stallion Service Charity Auction. Ervin Harland: (306) 344-4807. Mar10

BLACKANGUS BULLS - Purebred and cross bred females. Eagle Valley Angus, Willingdon, AB., Darryl Toma 367-2528. Jun30

PINEHILL SIMMENTALS - of Lac La Biche has a good selection of yearlings & 2 yr. old bulls, polled & horned, Fleckvieh influence. Phone Maurice Cadieux 623-7081 evenings. Mar3

MAINE ANJOU BULLS - Full French and Purebred (red or black). Also open heifers, mostly black. "We have relocated." Riverridge Ranch - Ph. 724-2593 xxx

CD200 DIGITAL livestock scale with 4 X 16 ft. walk through cattle crate. Blindman Valley Bull Test Stn. Call 403-748-2127.

TRAILERS FOR SALE. 16' goose-neck stock \$7075.; 20' gooseneck stock \$8275.; 16' stock bumper pull \$5495.; 16', 3 horse angle haul \$3495.; 18' flat deck \$3995. 0 down 0 payments, 1 year. 403-672-6807. Fayebrook Farms Horse & Trailer Sales.

THE PRIDE of the Prairie 79th Annual Lloydminster Bull Sale, March 9, 10, and 11. Monday, Mar. 9 at 11 a.m. 53 Polled Hereford, 121 horned Hereford, and 4 shorthorn. Tuesday, Mar. 10 at 10 a.m. 217 Simmental, 80 Red Angus and 61 Black Angus. Wednesday, Mar. 11 at 11 a.m. 19 Maine Anjou, 19 Salers, 176 Charolais and 22 Limousin. Show times 4:30 p.m. Sunday and 6 p.m. Monday and Tuesday the evening prior to sale M.S.T. Catalogues 306-825-5571.

SCHNEIDERS BULL SALE, Mar. 7, 1998 at 1 p.m., 4 1/4 miles south of Bruderheim. Selling 60 Red and Black Angus bulls. For information phone Doug 403-998-0057; Howard 403-998-3807.

3rd Annual
SPRING CREEK RED ANGUS
Bull Sale
RED ANGUS & SIMMENTAL
Thursday, March 5, 1998
Sale 2:00 p.m.
Elk Point Agri. Fair Grounds Arena
Elk Point, Alberta
North side of town, east side of Highway #41
For More Information or Catalogue Contact
SPRING CREEK RED ANGUS
Bernard Boeckmann (403) 724-2282 or
FONTAINE "CARREL" FARMS - Edith Fontaine
Ph. (403) 645-6596 Fax (403) 645-6796

13 LIVESTOCK

98TH ANNUAL Calgary Bull Sale, March 2, 3, and 4, Stampede Park, Calgary, AB. The biggest bull sale in Canada. Horned and Polled Hereford, Angus, Charolais, and Simmental. Contact Alberta Cattle Breeders' Association, P.O. Box 1060, Station M, Calgary, AB, T2P 2K8. Phone 403-261-0313, fax 403-262-3067. Held with the 50th Calgary Seed and Hay Show.

TROUT POND. Stocking 6" to 20" disease free. Guaranteed 100% live, delivered top condition. Prices information, call Allen's Trout Farm, Calgary, 403-246-0583 or fax 403-246-4345.

14 LOST

LOST WEIGHT, found energy, health, vitality. Easy, successful program. Look slimmer, feel better. Free information: Slimdown Ltd., 1326 Huron St., Suite 340, London, ON, N5V 2E2.

15 MACHINERY

ROTO-GRIND TUB GRINDER - 1000 PTO, excellent condition, \$6,500 obo. 623-7468. Feb24

BOOK EARLY - SAVE MONEY - Miller Hopper Bottoms 14-ft., \$1,595 up; 18-ft., \$3,095 up; 2800 bushel hopper bin, \$5,195; 5000 bushel hopper bin, \$7,295; Goebel Behlen Caradon Twister bins available. Keho, grain guard aeration. (403) 632-2696. Mar10

FOR SALE - 30-ft. wing-type 4-ton fertilizer spreader. Also Miniature and Belgian Colts. Phone 635-2162. Feb24

16 MISCELLANEOUS

FOR SALE - Double size girls canopy bed. Everything included. \$400.00; Parrakeet birdcage, like new, \$15. Call 645-3217 after 5:00 pm. Feb24

\$NEED MONEY\$ call 403-452-5858. Immediate approval. Debt consolidation, farm, acreage, city, home and mobile purchase. Interim financing. Consolidated Mortgages Ltd. Members of BBB.

Selling: 1987 Yamaha Ski-doo, \$2,000; 500-gal. fuel tank c/w pump on trailer, \$1,000; 500-gal. fuel tank, \$400. 645-4528, 645-4314 after 6 pm.

18 PERSONAL

CANADA'S most gifted psychics have answers to your problems or questions about health, love, relationships, money, lucky numbers. \$2.99/minute. 18+, 24 hours. 1-900-451-4336.

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20 REAL ESTATE

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20 REAL ESTATE

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21 RECREATIONAL

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24 TRAVEL

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25 WANTED

WANTED - House to rent or rent to own. Must have fridge and stove. Call Rocky at 403-875-0356 or leave message at 306-344-2226. Mar3

WANTED TO RENT OF LEASE - Pasture and for 50+ head. Phone 645-4431. Mar31

RODEO STOCK CONTRACTORS, pickupmen, bullfighters, announcers, clowns, timers, flankmen, secretaries. Canadian information required for history book. 403-722-3788, fax 403-722-2126. Box 15, Caroline, AB, T0M 0M0. ASAP.

WANTED TO BUY - Ford Extra cab or crew cab diesel. 250-371-2129.

WANTED - Former students/teachers of Tilley School. Contact Maureen 403-377-2235; Gloria 403-377-2646; Val 403-377-2391 to ensure your invitation to our Anniversary Celebration July 4 - 5, 1998.

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Minor Hockey news

Let sleeping dogs lie? Not a chance!

By Doug Bassett
Elk Point Minor Hockey

Well, it's official. The time has come. Payback time. Big Ray, the Hawk and the Peewee Blades will meet our friends from Kitscoty in the final round of provincial round robin play, with the winner going to the provincial final tournament. So dig out your cow bell, air horn and any other annoying noisemaker, hop into the car for Kitscoty next Friday night at 7:30 for the first game of the two game total point series. The second game will be at home the following weekend. That gives us two weeks to fix the sound system in the 'Dome, because we all know how much these guys like to face the music. The Blades will go into this series as the underdogs, but we're counting on these guys to win this series, so let's give them all the support we can. I don't know what kind of dogs the Kitscoty guys are but I think they may call themselves the Dobermans. Maybe we should let sleeping dogs lie? Not a chance!

All-Girls Day

Where have all the boys gone? That's what the Midget Girls Storm would like to know.

Saturday afternoon at the 'Dome, it was all-girls' day, with the Peewee Girls Cyclones playing a double-header with Athabasca and the Midget Girls playing a double-header with Wainwright. The Cyclones actually played three games with Athabasca, playing

on Sunday also. A good weekend for Kali Cousins who scored two goals in the first game, and Kristyn Ballas with her first-ever hat trick in the third game. Very good forechecking by Megan Proski who scored in the second game along with Eryl Anton-Roberts. Goaltender Kristen Campbell, who's improved 100%, was solid in the net for all three games. Team Manager Pam Ballas said, "Although the girls did lose, the games were competitive and they did have fun."

The Midget Girls Storm, with some players missing because of the Winter Games in Red Deer and other commitments, were shorthanded with only eight skaters, but did their best. The Storm have a possible game on Friday night in town against arch-rivals Dewberry and then will play Redwater in the 'Dome on Sunday at 1 p.m.

Where's the boys?

Could have, should have and would have. The Bantam Lightning travelled east of the border on a foggy Friday night, losing a close one to Lashburn 6 to 5, a team they defeated the week before and could have beaten. Then on sunny Saturday when the fog lifted, they played their last league game in the border city and lost another close one in a game they should have won. Finishing in fourth or fifth place in the league, team manager Jerry Kopeck doesn't know if they are in the bottom of the top half or the top of the bottom half, but they would

have a playoff game next week, time and place T.B.A.



The Atom Thunder played a tough game in Mannville on Saturday, a team that has lost only once this season. A good game in net for Justin Nelson.

The Atom Avalanche in a game that they were winning until seven minutes were left in the third, played to a four-all tie in Glendon on Thursday night. It takes sixty minutes of hockey, boys!

The Peewee Blades lost to Lloydminster on Saturday 4 to 3 then had a 3-all tie against Mannville on Sunday at home.

The Novice Hurricanes, after leading for most of the game on Sunday at home lost 6 to 5 in the final few minutes. A good game for the all-girl line of Karly Shankowski, Kelsey Slywka and Tellia Loughran. Defencemen Chad Bochon and Tyler Loughran were solid on the point. Wednesday night the Hurricanes will travel to St. Paul to play their last league game.

The streak goes on

Now here's a team that's on a winning streak, maybe because they never play at home. The Micro-Novice Tornados, on the road for their tenth week in a row, were in Mannville on Sunday morning winning two games in a mini-tournament. The presi-

dent of Minor Hockey has a secret plan to see if these micro novice parents are really committed enough to play hockey, that is why they have not played at home in all of 1998. If they can stick it out this year, then we know they are tough enough to play in Elk Point's hockey system. Well, you know these guys are going to make it.

Check this out: Scoring in a 9 to 6 win over Innisfree, Chevy Botting with a hat trick, Ryan Marceniuk and Jarin Bezpalko two each, Garret Osinchuk and Shayden Anderson with singles. In their

second game they defeated Mannville 9 to 7, Chevy Botting with a hat trick, Brad Yarmuch with two, and singles by Shayden Anderson, Dylan Loughran, Jarin Bezpalko and Ryan Marceniuk.

P.S. Even though Gillian's sister Fiona may not have brought home the gold, they still did better than the men and we are very proud of her and our great country! With the price of silver skyrocketing these days, maybe winning silver is better than gold. As they say in Japan, until next week, Sayonara!



NOVICE TOURNAMENT WINNERS -- St. Paul defeated Saddle Lake to win the A Side of a tournament hosted by Elk Point Hurricanes on February 14 and 15. The Hurricanes won the B Side.



AJ01

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